

😊 Sebright Children's Centre summer menu week1 😊

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>Breakfast 08.00-8.30AM Toasted bagels (G,Ve) with spread (Ve), milk (Mk,V), apples (Ve)</p> <p>Mid-morning snack10am Fresh cut fruits (Ve)</p> <p>Lunch 11.45am-12.15pm Homemade pesto mac& cheese (G,Mk,V) Tiger baguette(G,V) Steamed broccoli& corn (Ve) Reduced sugar Victoria sponge (G,E,V)& vanilla custard (Mk,V) Milk(Mk,V),fruits(Ve)</p> <p>Afternoon snack 2PM Homemade berry and banana yogurt (Mk,V), pitta bread (G,Ve)</p> <p>Tea 4PM Tuna & corn sandwich on bloomer (G,F) Seasonal fruits, milk (Mk,V)</p>	<p>Breakfast 08.00-8.30AM Rice krispies (Ve), milk (Mk,V), oranges (Ve)</p> <p>Mid-morning snack10am Vegetable crudité</p> <p>Lunch 11.45am-12.15pm Sweet chilli chicken fried rice 50/50 (Sb) Steamed peas& green beans (Ve) Sliced bloomer(G,Ve) Mixed fruit jelly(Ve) Milk(Mk,V),fruits(Ve)</p> <p>Afternoon snack 2PM Toasted crumpets (G,Ve), apple wedges (Ve)</p> <p>Tea 4PM Homemade cream of potato, leek and peas soup (Ve), sliced baguette (G,V) Seasonal fruits, milk (Mk,V)</p>	<p>Breakfast 08.00-8.30AM Weetabix (G,Ve), milk (Mk,V), bananas (Ve)</p> <p>Mid-morning snack10am Fresh cut fruits (Ve)</p> <p>Lunch 11.45am-12.15pm Slow cooked Bolognese(Ce), spaghetti (G,Ve) Sliced bread,(Ve) Lettuce, cucumber & carrot (Ve) Homemade mango& banana yogurt(Mk,V) Milk(Mk,V),fruits(Ve)</p> <p>Afternoon snack 2PM Toasted bagels (G,Ve), tomato wedges (Ve)</p> <p>Tea 4PM Reduced sugar baked beans (Ve), choice of bread (G,Ve) Seasonal fruits, milk (Mk,V)</p>	<p>Breakfast 08.00-8.30AM Toasted tea cakes (G,E,V), melon (Ve)</p> <p>Mid-morning snack10am Vegetable crudité</p> <p>Lunch 11.45am-12.15pm Dry rub tandoori chicken Homemade curry sauce(G,V) Coconut rice 50/50 (Ve) Steamed carrots and peas(Ve) Bananas& oranges (Ve) Milk(Mk,V)</p> <p>Afternoon snack 2PM Avocado and lime humus (Ve), bread sticks (G,Ve)</p> <p>Tea 4PM Butternut squash, sweet potato and beans soup (Ve), bread (G,V) Seasonal fruits, milk (Mk,V)</p>	<p>Breakfast 08.00-8.30AM Cornflakes (G,Ve), milk(Mk,V), oranges (Ve)</p> <p>Mid-morning snack10am Fresh cut fruits (Ve)</p> <p>Lunch 11.45am-12.15pm Homemade salmon, tuna, lime & leek fishcakes(G,F) Reduced sugar baked beans (Ve) Choice of bread (G,Ve) Reduced sugar vanilla & raspberry sponge(G,E,V), vanilla custard (Mk,V) Milk(Mk,V),fruits(Ve)</p> <p>Afternoon snack 2PM Vegan sausage rolls (G,Ve)</p> <p>Tea 4PM Pasta salad in tomato& basil sauce with beans and fresh veg (G,Ve) bread (G,V) Seasonal fruits, milk (Mk,V)</p>

😊 Sebright Children's Centre Summer menu week2 😊

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast 08.00-8.30AM	Breakfast 08.00-8.30AM	Breakfast 08.00-8.30AM	Breakfast 08.00-8.30AM	Breakfast 08.00-8.30AM

<p>Cornflakes (G,Ve), milk(Mk,V), oranges (Ve) Mid-morning snack10am Fresh cut fruits (Ve) Lunch 11.45am-12.15pm Quorn & crunchy vegetable stir fry (G,Sb,E,V) Steamed broccoli& carrots (Ve) Sliced bloomer (G,Ve) Homemade wholemeal fruit crumble (G,Ve), custard (Mk,V) Milk(Mk,V),fruits(Ve) Afternoon snack 2PM Toasted bagels(G,Ve), spread(Ve), sliced cucumber (Ve) Tea 4PM Homemade tomato, basil& rice soup (Ve), bread (G,Ve) Seasonal fruits, milk (Mk,V)</p>	<p>Toasted bagels (G,Ve) with spread (Ve), milk (Mk,V), apples (Ve) Mid-morning snack10am Fresh cut fruits (Ve) Lunch 11.45am-12.15pm Chilli con carne, cheese (Mk,V) Steamed rice 50/50(Ve) Steamed sweetcorn (Ve) Reduced sugar lime sponge (G,E,V),custard (Mk,V) Milk(Mk,V),fruits(Ve) Afternoon snack 2PM Banana& vanilla yogurt (Mk,V), crackers(G,Ve) Tea 4PM Reduced sugar baked beans (Ve), choice of bread (G,Ve) Seasonal fruits, milk (Mk,V)</p>	<p>Rice krispies (Ve), milk (Mk,V), oranges (Ve) Mid-morning snack10am Vegetable crudité Lunch 11.45am-12.15pm Fish fingers (G,F) Potato wedges (Ve) Steamed peas (Ve) Sliced bread (G,Ve) Apples & bananas (Ve) Milk(Mk,V) Afternoon snack 2PM Sweet potato humus(Ve) Bread sticks (G, Ve) Tea 4PM Chicken, roasted vegetables and herbs pasta salad (G) Sliced baguette (G,Ve) Seasonal fruits, milk (Mk,V)</p>	<p>Weetabix (G,Ve), milk (Mk,V), bananas (Ve) Mid-morning snack10am Fresh cut fruits (Ve) Lunch 11.45am-12.15pm Pulled chicken mac& cheese(G,Mk) Sliced baguette (,Ve) Steamed green beans (Ve) Homemade strawberry &banana yogurt (Mk,V) Milk(Mk,V),fruits(Ve) Afternoon snack 2PM Crackers(G,Ve), spread(Ve), tomato wedges(Ve) Tea 4PM Cheese (Mk,V), Egg(E,V)or tuna(F) rolls (G,Ve) sliced Tomatoes&cucumber(Ve) Seasonal fruits, milk (Mk,V)</p>	<p>Porridge (G,Mk), raisins (Ve), milk (Mk,V), Apples (Ve) Mid-morning snack10am Vegetable crudité Lunch 11.45am-12.15pm Jacket potatoes (Ve) Reduced sugar baked beans (Ve) Cheese (Mk,V) Steamed sliced carrots(Ve) Cucumber sticks (Ve) Fruit jelly (Ve) Milk(Mk,V),fruits(Ve) Afternoon snack 2PM Homemade tomato scones (G,Mk,V)spread (Ve) Tea 4PM Cream of mixed vegetables and haricot beans soup (Ve) Seasonal fruits, milk (Mk,V)</p>
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😊 Sebright Children's Centre Summer menu week3 😊

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast 08.00-8.30AM Toasted tea cakes (G,E,V), melon (Ve) Mid-morning snack10am Fresh cut fruits (Ve) Lunch 11.45am-12.15pm Oven baked sausages (G,Sb,Se,Ve) Gravy(Ve) Dill new potatoes (Ve)</p>	<p>Breakfast 08.00-8.30AM Cornflakes (G,Ve), milk(Mk,V), oranges (Ve) Mid-morning snack10am Vegetable crudité Lunch 11.45am-12.15pm Slow cooked beef lasagna (G,Mk,E),</p>	<p>Breakfast 08.00-8.30AM Toasted bagels (G,Ve) spread (Ve), milk (Mk,V), apples (Ve) Mid-morning snack10am Fresh cut fruits (Ve) Lunch 11.45am-12.15pm Homemade BBQ chicken drums Potato</p>	<p>Breakfast 08.00-8.30AM Rice krispies (Ve), milk (Mk,V), oranges (Ve) Mid-morning snack10am Fresh cut fruits (Ve) Lunch 11.45am-12.15pm Mixed vegetables and pineapple fried rice (Sb,Ve)</p>	<p>Breakfast 08.00-8.30AM Weetabix (G,Ve), milk (Mk,V), bananas (Ve) Mid-morning snack10am Vegetable crudité Lunch 11.45am-12.15pm Tuna,salmon &dill pasta bake(G,F,Mk)</p>

<p>Steamed Peas& carrots(Ve) Reduced sugar orange drizzle (G,E,V), Vanilla custard (Mk,V) Milk(Mk,V),fruits(Ve) Afternoon snack 2PM Roasted pepper humus (Ve) bread sticks(G,Ve) Tea 4PM Tuna, peppers, corn and cucumber pasta salad(G,F) Seasonal fruits, milk (Mk,V)</p>	<p>Sliced tiger baguette (G,Ve) Lettuce, corn& cucumber salad (Ve) Bananas and apple wedges (Ve) Milk(Mk,V) Afternoon snack 2PM Toasted bagels(G,Ve), spread (Ve), tomatoes (Ve) Tea 4PM Coconut milk, carrot, butter beans & pumpkin soup (Ve), bread(G,Ve) Seasonal fruits, milk (Mk,V)</p>	<p>wedges (Ve) Summery green coleslaw (Ve) Homemade banana& raspberry yogurt (Mk,V) Milk(Mk,V),fruits(Ve) Afternoon snack 2PM Cheese & pesto pinwheels (G,Mk,V) Tea 4PM Reduced sugar baked beans (Ve), choice of bread (G,Ve) Seasonal fruits, milk (Mk,V)</p>	<p>Steamed broccoli (Ve) Sliced bread (G,Ve) Reduced sugar chocolate cake (G,E,V), custard(Mk,V) Milk(Mk,V),fruits(Ve) Afternoon snack 2PM Toasted crumpets (G,Ve), spread (Ve)cucumber (Ve) Tea 4PM Homemade mixed vegetables and cannelloni beans soup(Ve)bread (G,Ve) Seasonal fruits, milk (Mk,V)</p>	<p>Steamed green beans& corn (Ve) Bread (G,Ve) Wholemeal fruit crumble(G,Ve) &vanilla custard (Mk,V) Milk(Mk,V),fruits(Ve) Afternoon snack 2PM Homemade banana& mango yogurt (Mk,V), pitta bread(G,Ve) Tea 4PM Sandwiches/rolls(G,Ve) with:chicken, Egg(E,V), cheese(Mk,V), humus(Ve) Seasonal fruits, milk (Mk,V)</p>
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😊 **Sebright Children's Centre Summer menu week4** 😊

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>Breakfast 08.00-8.30AM Weetabix (G,Ve), milk (Mk,V), bananas (Ve) Mid-morning snack10am Fresh cut fruits (Ve) Lunch 11.45am-12.15pm Quorn, peppers and cheese pizza (G,Mk,Ve) Potato wedges(Ve) Steamed corn (Ve) Mixed fruit jelly (Ve) Milk(Mk,V),fruits(Ve) Afternoon snack 2PM Homemade mixed fruit yogurt(Mk,V) pitta(G,Ve) Tea 4PM</p>	<p>Breakfast 08.00-8.30AM Porridge (G,Mk), raisins (Ve), milk (Mk,V), Apples (Ve) Mid-morning snack10am Vegetable crudité Lunch 11.45am-12.15pm Chicken, potatoes& chickpeas curry Steamed rice 50/50 Steamed peas& green beans (Ve) Homemade banana& raspberry yogurt(Mk,V) Milk(Mk,V),fruits(Ve) Afternoon snack 2PM</p>	<p>Breakfast 08.00-8.30AM Cornflakes (G,Ve), milk(Mk,V), oranges (Ve) Mid-morning snack10am Fresh cut fruits (Ve) Lunch 11.45am-12.15pm Lamb, carrots, peas and peppers pasta bake (G,Mk) Sliced bloomer (G,Ve) Iceberg, cucumber, corn and mint (Ve) Apricot& lemon sponge (G,E,V), custard (Mk,V) Milk(Mk,V),fruits(Ve) Afternoon snack 2PM Beetroot humus (Ve) bread</p>	<p>Breakfast 08.00-8.30AM Toasted bagels (G,Ve) spread(Ve), milk (Mk,V), apples (Ve) Mid-morning snack10am Vegetable crudité Lunch 11.45am-12.15pm Fish fingers (G,F) Herb new potatoes (Ve) Reduced sugar baked beans (Ve) Apple and orange wedges(Ve) Milk(Mk,V) Afternoon snack 2PM Toasted bagels(G,Ve),</p>	<p>Breakfast 08.00-8.30AM Rice krispies (Ve), milk (Mk,V), oranges (Ve) Mid-morning snack10am Fresh cut fruits (Ve) Lunch 11.45am-12.15pm Homemade green pesto, roasted carrots& peppers with spaghetti (G,Ve) Cheese (Mk,V) Steamed broccoli (Ve) Tiger baguette (G,Ve) Raisin cookies (G,E,V)& custard (Mk,V) Milk(Mk,V),fruits(Ve)</p>

Homemade lentils, and root vegetable soup (Ve), bread (G,Ve) Seasonal fruits, milk (Mk,V)	Homemade Cheese & onion scones(G,Mk,V) Tea 4PM Reduced sugar baked beans (Ve), choice of bread (G,Ve) Seasonal fruits, milk (Mk,V)	sticks (G,Ve) Tea 4PM Sandwiches/rolls(G,Ve) with:chicken, Egg(E,V), cheese(Mk,V), humus(Ve) Seasonal fruits, milk (Mk,V)	spread (Ve), cucumber(Ve) Tea 4PM Pasta salad in rich vegetable & tomato sauce with haricot beans (G,Ve), bread (G,Ve) Seasonal fruits, milk (Mk,V)	Afternoon snack 2PM Crackers (G,Ve), cheese(Mk,V) Tea 4PM Homemade potato, butter beans, pumpkin creamed soup (Ve), bread (G,Ve) Seasonal fruits, milk (Mk,V)
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This information is correct, but it is subject to change as we rely on information given to us by our suppliers. Daily allergy information is available on request.

Ce – Celery

G – Gluten

E – Eggs

F – Fish

L – Lupin

Mk – Milk

Mu – Mustard

P – Peanuts

Se – Sesame seeds

Sb – Soya bean

Su – Sulphur Dioxide

N – Tree nuts

Mo – Molluscs

Cr – Crustaceans

V – vegetarian

Ve – vegan

We may need to change the menu at short notice as we are experiencing food shortages as well as a sharp increase in price. If that happens, we will notify you of the changes on the when you collect your child.